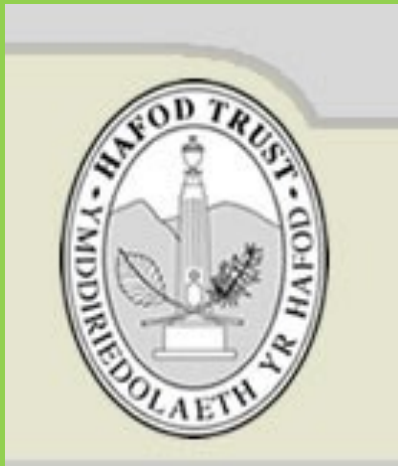


# Ras yr Hafod



# Ras Llwybr 10k—Trail Race Nos Fercher/Wednesday 8 Mai/May 2019

I ddechrau o 6.00 yh/ to start from 6.00pm

## Stâd yr Hafod Estate Pontrhyd-y-groes

Grid ref: 276827-273631 Côd Post/Postcode: SY25 6DX

Rasus plant o 6.00 yh/Children's race from 6.00pm

Ras Oedolion am 7.15yh/ Adult race at 7.15pm

Taith Gerdded/(5k) Walk—7.15yh/pm

Lluniaeth ar gael—refreshments available

Cofrestru/Registration: Hafod Estate Office, Pontrhyd-y-groes SY25 6DX

Anfonwch y ffurflen gofrestru isod yn ôl efo'r taliad erbyn Dydd Llun 6ed Mai os gwelwch yn dda

Please return the registration document below with payment no later than 6th May



Enw Cyntaf/ First Name:

Cyfenw/Surname:

Cyfeiriad & Côt Post/Address & Post code:

Cyfeiriad e-bost/email address:

Rhif Cyswllt/contact number:

Oedran/age:

Clwb/Club—Ysgol/School:

Rhedwyr/Runners:

Blwyddyn/ yrs: 9&10&11

male/female

Pris/Price £2

Blwyddyn/yrs: 7&8

male/female

Pris/Price £2

Blwyddyn/yrs: 5&6

male/female

Pris/Price £2

Blwyddyn/yrs: 3&4

male/female

Pris/Price £2

Oedolian/Seniors

male/female

Pris/Price £5/£7

Cerdded/Walkers:

male/female

Rhodd/Donation

Declaration: *I am medically fit to walk/run (delete as appropriate) and accept that I participate in this/these events at own risk and that the organisers shall not be liable for any accident, injury or loss as a consequence of my participation. I will abide by the UK Athletics rules and obey marshalls' instructions.*

Please make cheques payable to The Hafod Trust

Arwyddwyd/Signed: .....

Dyddiad/Date: .....

For further information contact: Dic 07773 435073/ 01974 262568, email: rhedwr@gmail.com